

The Centers for Disease Control and Prevention (CDC) has established four areas of focus for tobacco prevention activities:

- Prevention of initiation of tobacco use
- Promoting cessation of tobacco use
- Elimination of exposure to ETS (environmental tobacco smoke)
- Eliminating health disparities among populations

These areas of focus are addressed through six essential components:

1. community-based programs
2. school-based programs
3. cessation
4. public awareness and education
5. youth access
6. assessment and evaluation

How Can You Get Involved Locally?

The Tobacco Free Coalition of Clark County was formed in November 2000 to increase cooperation and information sharing between individuals and organizations to search for innovative solutions.

Contact James Lanz at Southwest Washington Health District, 397-8416, for more information.

For More Information:

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Washington State Department of Health
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www.doh.wa.gov/tobacco/default.htm

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Front cover art: A partial list of the more than 599 additives found in tobacco smoke.

Adult Tobacco Use in Clark County



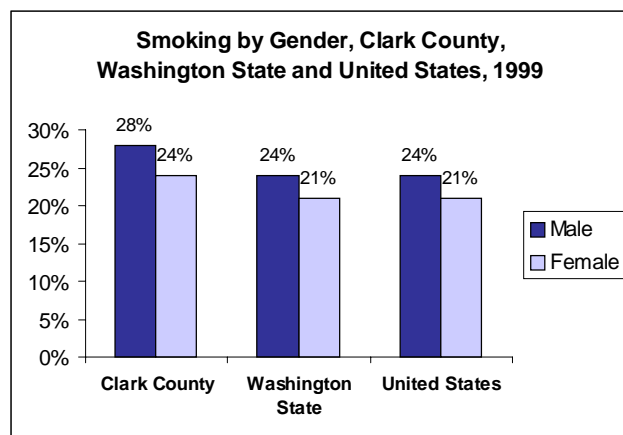
Tobacco Use in Clark County

Every year in Washington State we lose 8,200 lives to diseases caused by tobacco. That's more than we lose to illegal drugs, car accidents, guns, fires, murders, suicides, AIDS, and alcohol...combined. Every single day in our state, 65 kids get hooked on smoking, and at least one-third of them will die prematurely as a result. As a state, we spend \$1.3 billion every year on tobacco-related health services.

Who Smokes?

In 1999...

- The national rate of adult smoking was 23%.
- The Washington State rate of adult smoking was 22%. The Washington goal for year 2000 was 15%.
- The Clark County rate of adult smoking was 26%.
- In contrast to both Washington State and the nation, Clark County has a higher percentage of women smokers.



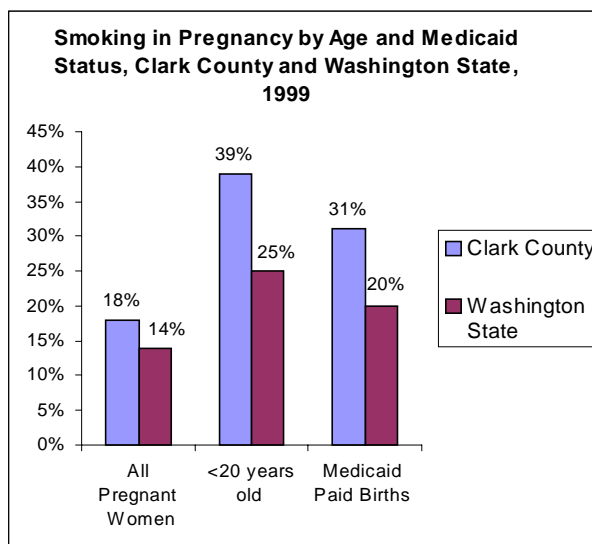
Centers for Disease Control and Prevention, Washington State Department of Health, and Southwest Washington Health District. Behavioral Risk Factor Surveillance Surveys 1999.

Washington State Department of Health, Center for Health Statistics. Vital Registration System, Annual Statistical Files, Births, and Deaths, 1980-1999. February, 2001.

Smoking During Pregnancy

Smoking during pregnancy increases the risk of low birth weight, sudden infant death syndrome (SIDS), miscarriage, and premature delivery.

- Nationally, about 18% to 20% of women smoke during pregnancy.
- In Washington State in 1999, about 14% of women smoked during pregnancy; while in Clark County 18% smoked.
- More pregnant teens smoked in Clark County, 2 in 5 (39%) compared to 1 in 4 (25%) in Washington State.
- There are more low-income (Medicaid) pregnant smokers in Clark County, almost 1 in 3 (31%), than Washington State with 1 in 5 (20%).



What Smoking Does

Leading causes of death related to smoking are heart disease, cancer of the lung, trachea and bronchus, chronic obstructive pulmonary disease (COPD) and stroke.

- In Clark County, non-smokers live an average of ten years longer than smokers.
- COPD death rates in Clark County have been higher than the State since 1984 and are increasing. While the COPD death rate for females has more than doubled from 1980 to 1998, males continue to have higher rates of COPD than females.
- Lung cancer death rates in Clark County are higher than Washington State. The rate for men appears stable; the rate for women is increasing.

